

HOMEDICS®

Infrared Massager



Instruction Manual

HG-22-2EU
HG-22-3GB

2 year
guarantee

**READ ALL INSTRUCTIONS BEFORE USE.
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

IMPORTANT SAFEGUARDS

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on or near children, invalids or disabled persons.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER drop or insert any object into any opening.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- This product requires a 230V AC power supply.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.

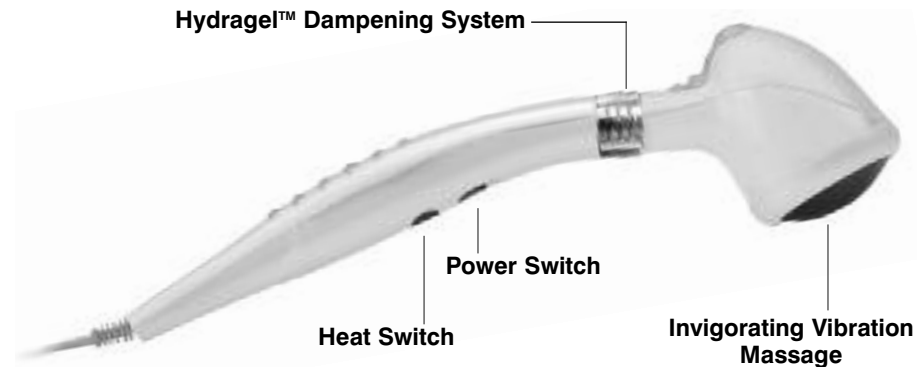
SAFETY CAUTIONS:

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.

- **If you have any concerns regarding your health, consult a doctor before using this appliance.**
- Individuals with pacemakers and pregnant women should consult a doctor before using this appliance.
- DO NOT use on an infant, invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation.

- Care should be taken when using heated surfaces. If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.
- This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use directly on swollen or inflamed areas or skin eruptions.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. DO NOT use as a substitute for medical attention.
- DO NOT use before going to bed. The massage has a stimulating effect and can delay sleep.
- Do not use for longer than the recommended time.

PRODUCT FEATURES:



4 Attachments



INSTRUCTIONS FOR USE:

Changing Attachments

ALWAYS ensure the appliance is switched off before changing any attachments. To change the attachments, simply twist off (anti-clockwise) the massage head that is attached to the unit and twist on (clockwise) the desired head. (See Figure 1)



(Figure 1)

Massage Function

NOTE: Always ensure the appliance is set to the 'OFF' before inserting the plug into a mains outlet.

1. Plug the appliance into a 230V mains outlet and switch on.
2. Slide the power switch upwards to start the massage. Slide up one (I) position for low intensity setting and two (II) positions for high intensity setting.
3. Apply the massager head lightly to the area you wish to treat. Move the unit slowly, holding it over the targeted area. Treat the area for a short period of time and move to another area. NEVER treat the same area for longer than 3 minutes.
4. To turn the unit off, slide the power switch downwards to the 'OFF' position.

Heat Function

1. Attach the Infrared heat massage head as described in the 'Changing Attachments' section above.
2. First activate the massage function as described above. Then slide the 'Heat' switch upwards to activate the heat. Allow a few minutes for the heat to fully activate.
3. To turn the heat off, slide the switch downwards to the 'OFF' position.

NOTE:

- To eliminate risk of being burned, only use the heat function with the Infrared heat attachment.
- The Heat function will only work when the massager is in use.
- DO NOT use the massage or heat functions continuously for more than 20 minutes.
- DO NOT use the massager directly on one concentrated area of the body. Massagers are designed to be used in a continuous motion, constantly changing the massage area.

MAINTENANCE:

Cleaning

Unplug the appliance and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.

- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc to clean.

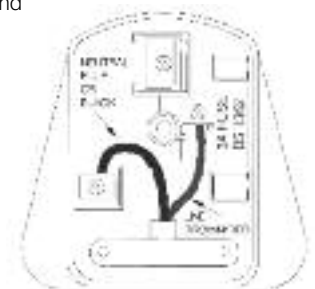
Storage

Place the appliance in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

Plug (MODEL HG-22-3GB ONLY)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse. Only use a 3amp fuse with this appliance.

Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



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IB-HG22EU